Geriatric Therapeutic Exercise

Objectives
Upon completion of this seminar, participants will be able to:

• Demonstrate multiple evidence based exercises for every major joint in the body.

• Use evidence based references to strengthen the following muscle and muscle groups:
  * Spinal and rotator cuff
  * Core stability
  * Lateral stabilizers of the hip

• Vastus Medialis

• Support geriatric exercise programs through medical literature.

• Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.

• List barriers for use of evidence based practice in the clinical setting.

• Learn strategies to assess the quality of a study.

• List the levels of evidence used to assess a study.

• Guide a patient through a strengthening program using the principles of 1 repetition maximum.

• Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.

• Create an evidenced based exercise program to improve the balance of an older adult.

• Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.

• Progress a patient with a CVA through all phases of neuromuscular re-education.

• Be able to use the site of infarct in a CVA patient to guide exercise treatments.

• Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.

• List 10 contraindications/precautions to exercise in the elderly.

• Understand the differences of stretching techniques for the older vs. younger population.

• Guide a patient with osteoporosis through an efficacious and efficient exercise program.

Locations
The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

MemorialCare Saddleback Medical Center
Laguna Hills, CA
February 23-24, 2019
Host: Pro Therapy Services
Location: Sevillian Civic Center
Sevierville, TN
March 9-10, 2019
Host: Community Medical Center Location: University of Montana - Gallagher Board Room Missoula, MT April 6-7, 2019
Host: Bronson at Home Location: Gilmore Center at Bronson Methodist Hospital 7 Healthcare Plaza Kalamazoo, MI 49007 May 18-19, 2019
Host: Roger C. Peace Rehabilitation Hospital Location: Greenville Memorial Medical Campus - Robert E. Toomey Conference Center Greenville, SC September 14-15, 2019
Host: Encompass Health Rehabilitation Hospital of Vineland Location: Inspira Health Fitness Connection 1430 W. Sherman Avenue Vineland, NJ 08360 November 2-3, 2019

Mark Traffas, PT, GTC

Geriatric Rehabilitation Education and Training

If EVIDENCE is your buzz word...this is your course! This 20 contact hour course is ready for the clinician that is committed to using evidence-based exercises and treatments in the clinic tomorrow. With over 1000 references with hundreds of exercises to be used. The evidence of today for treatment tomorrow!
Feedback From Past Course Participants
broaden their horizons for exercising with this unique and deserving patient clientele. The research applicable to the clinical setting and provide therapists the opportunity to treatment strategies will ensure you are providing the best care possible. Working with older patients and developing exercise programs can be challenging and rehabilitative services in this day of Medicare changes and managed care. Participants will be supported by evidenced based studies which are absolutely vital in justifying (i.e. stroke, Parkinson’s, gait and balance disorders, etc.). These exercise techniques presents a unique challenge to therapists.
Mark Traffas has embraced evidenced based practice in his daily treatment of patients. He addition to lecturing and mentoring rehabilitation students, his articles have appeared in several different publications, including PT Bulletin, Appendix to PT and FSG. Advance for Directors of Rehabilitation, Geriatrics and Topics in Geriatric Rehabilitation Mark Traffas has embraced evidenced based practice in his daily treatment of patients. He encourages and provides all of his course participants a myriad of resources and clinically useful protocols and examples that are easily implemented into everyday practice. His energetic presentation of Information and wealth of resources helps his course participants come to current with the literature and be seeing to try new ideas proven through research for practice today and in the future.

Description
Older patients have multiple diagnoses, take multiple medications and are frequently de-conditioned and possibly have never exercised. Therefore, exercising geriatric patients presents a unique challenge to therapists. Participants will learn different exercise techniques and innovative interventions for all the body’s major joints as well as the most common diagnoses seen in the older person (i.e. stroke, Parkinson’s, gait and balance disorders, etc.). These exercise techniques will be supported by evidenced based studies which are absolutely vital in supplying rehabilitative services in this day of Medicare changes and managed care. Participants will learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, balance, treatment outcomes and safe mobility. Working with older patients and developing exercise programs can be challenging and sometimes difficult. But it can also be fun and rewarding and using evidence based treatment strategies will ensure you are providing the best care possible.

Feedback From Past Course Participants
“Exceeded my expectations....Brilliant!” - Kansas City, MO
“I know how to build a long day short and learning contagious.” - Hawthorne, NJ
“Mark’s commitment and dedication to his profession and patients comes through in his seminar.” – Chicago, IL

Mark has truly found his calling both as a treating therapist and a speaker.” – Honolulu, HI

Mark is Great! This is by far, the best continuing education course I’ve been to in 13 years of being a PT. It contains the most practical and useful information for use in the clinical setting.” – Seattle, WA

Objectives
Upon completion of this seminar, participants will be able to:

- Demonstrate multiple evidence based exercises for every major joint in the body.
- Use evidence based references to strengthen the following muscle and muscle groups:
  - Scapular and rotator cuff
  - Core stability
  - Lateral stabilizers of the hip
- Vastus Medialis
- Support geriatric exercise programs through medical literature.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- List barriers for use of evidence based practice in the clinical setting.
- Learn strategies to assess the quality of a study.
- List the levels of evidence used to assess a study.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Create an evidenced based exercise program to improve the balance of an older adult.
- Guide a patient with Parkinson’s Disease through an appropriate exercise program addressing related functional deficits.
- Progress a patient with a CVA through all phases of neurorehabilitation re-education.
- Be able to use the site of intract in a CVA patient to guide exercise treatments.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- List 10 contraindications/precautions to exercise in the elderly.
- Understand the differences of stretching techniques for the younger vs. older population.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.

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Host:
Location:
MemorialCare Saddleback Medical Center
Lucena, CA
February 23-24, 2019
Pro Therapy Services
Sevierville Civic Center
Sevierville, TN
March 9-10, 2019
Community Medical Center
Gallagher Board Room
Missoula, MT
April 6-7, 2019
Host: Prisma Health – Roger C. Amen Rehabilitation Center
Location: Greenville Memorial Medical Campus – Robert E. Toomersy Conference Center
701 Grove Road
Greenville, SC
September 14-16, 2019
Host: Encompass Health Rehabilitation Hospital of North Carolina
Location: Innovis Health Network Fitness Connection
1430 W. Sherman Avenue
Vineland, NJ
November 2-3, 2019

If EVIDENCE is your buzz word... this is your course! This 20 contact hour course is ready for the clinician that is committed to using evidence-based exercises and treatments in the clinic tomorrow. If you are involved in the field of physical therapy, this is an educational experience that will provide you with over 1000 references with hundreds of exercise-based treatments to be used. The evidence of today for treatments tomorrow!
Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is at an intermediate level.

FEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

PayPal: $545. If postmarked before 1/16/19
Greenville, TN - $545. If postmarked before 3/19/19
Missoula, MT - $545. If postmarked before 4/24/19
Greenville, SC - $545. If postmarked before 9/21/19

LATE REGISTRATION: Postmarked after the above date requires an additional $25 late fee.

EARLY BIRD: $459 - if completed registration and payment are sent by 1/31/19
Missoula, MT - January 23, 2019
Greenville, SC - March 6, 2019

DISCOUNT: Receive $25 off your class registration for each GREAT Seminars & Books on-site course attended from 2000 to the present up to a maximum of $200. In order to receive the discount, a copy of each conference certificate must accompany registration form. No discounts will be taken once registration is processed. Additional assistance is available with the Certificate Discount Program.

CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least two weeks prior to the seminar for a refund less a $75 administration fee.

Program Outline

Day 1
7:30 - 8:00 a.m. Continental Breakfast
8:00 - 8:15 a.m. Introduction to Therapeutic Exercise
8:15 - 10:00 a.m. Exercise Principles

Exercise Principles:
1. Develop evidence principles which will be used throughout the lecture. Literature will be used to explain and apply clinical practice for specific levels of evidence.
2. Contraindications, Precautions, Definitions of Terminology, Drug Interactions
10:00 - 10:15 a.m. Break
10:15 - 11:30 a.m. Early Bird (continued)

Exercise Principles continued:
1. Repetition maximum will be discussed and will be used for the literature to be applied to the geriatric population.

Orthopedics: Upper Body - Neck and Shoulder

Use evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.

Working Lunch (only) in your own): An Instructional Video will be shown during lunch with demonstrations of various standardized assessments (Neck Range, Shoulder Integrity Test) in order to develop more effective treatment techniques.

Neurology - Stroke and Parkinson’s

Use evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.

Back/Core Exercises

The first portion of the day will give you the guidelines to specific exercises for using everyday or self improvement exercises for the specific muscles of the lumbar spine and abdominal area.

Dinner: Working dinner. Instructional Video will be shown during dinner with demonstrations of each content area.

Break:
Back/Core Exercises (continued)

Lower Body - Hip

Use evidence based literature to develop skilled treatment techniques for the lower body, including hip, the knee and ankle. The literature will be discussed and applied to the clinical setting.

6:15 - 6:30 p.m. Questions and Discussion

Day 2
8:00 - 10:00 a.m. Lower Body - Knee and Ankle

10:15 - 10:30 a.m. Neurology - Stroke and Parkinson’s

10:15 - 10:45 a.m. Break

10:45 - 12:30 p.m. Continuation of Stroke and Parkinson’s

12:30 - 1:30 p.m. Working Lunch (only) in your own): An Instructional Video will be shown during lunch with demonstrations of each content area.

1:30 - 3:30 p.m. Unique Neuro Treatments

These concepts include muscle re-education techniques, weight bearing and weight shifting techniques. Literature will be given to support these treatment ideas.

3:30 - 3:45 p.m. Break

3:45 - 4:15 p.m. Gait

The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.

4:15 - 5:15 p.m. Balance and Proprioception

Use evidence based literature to develop skilled treatment techniques for the upper body, lower body and gait in the elderly. Included in this section are specific balance exercises for the upper body, lower body, and gait. This course is not approved by ASHA or the Board of Certification. Your tuition is tax deductible.

5:15 - 6:00 p.m. Functional Tests - Berg and Tinetti

The evidence based exercises of the previous sections applied to Gait and Balance to improve efficiency and effectiveness as well as fall prevention.

6:00 - 6:15 p.m. O hors D' Oeuvres

Tips and advice for how to delivery of care to our residents ending with innovative exercises for the geriatric population

6:15 - 6:30 p.m. Final Questions and Closing
Program Outline

Day 1
3:00 - 8:00  Registration and Continental Breakfast
8:00 - 8:15  Introduction to Therapeutic Exercise
8:15 - 10:00  Exercise Principles
10:00 - 10:15  Break
10:15 - 11:30  Course Principles (continued)
11:30 - 12:30  Lunch with demonstrations of various standardized assessments
12:30 - 1:30  Assessing and developing intervention plans
1:30 - 2:30  Core/Back Exercises
2:30 - 3:30  Shoulder and Hand
3:30 - 4:30  Core/Back Exercises (continued)
4:30 - 4:45  Lunch with demonstrations
4:45 - 6:15  Upper Body - Hip
6:15 - 6:30  Questions and Discussion

Day 2
8:00 - 10:00  Lower Body - Knee and Ankle
10:00 - 10:15  Break
10:15 - 12:30  Neurology - Stroke and Parkinson's
12:30 - 1:30  Lunch with demonstrations of various standardized assessments
1:30 - 3:30  Unique Neuro Treatments
3:30 - 3:45  Gait
3:45 - 4:15  The evidence based exercises of the previous sections applied to the muscle needs in different parts of the gait cycle
4:15 - 5:15  Balance and Proprioception
5:15 - 6:00  Functional Tests - Berg and Tinetti
6:00 - 6:15  Osteoporosis
6:15 - 6:30  Final Questions and Closure